

## NUTRITION AND WELLNESS

The Family and Consumer Science academic standards for Nutrition and Wellness support the course description, which can be found at <http://doe.state.in.us/octe/facs/nutritionwell.html>.

### Standard 1

*Students will explain, demonstrate, and integrate processes of thinking, communication, leadership, and management in order to apply nutrition and wellness knowledge and skills.*

- \_\_\_ NW-1.1 Demonstrate components of critical thinking, creative thinking, and reasoning.
- \_\_\_ NW-1.2 Evaluate effective communication processes in school, family, career, and community settings.
- \_\_\_ NW-1.3 Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members.
- \_\_\_ NW-1.4 Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities.
- \_\_\_ NW-1.5 Examine interrelationships among thinking, communication, leadership, and management processes to address individual, family, community, and workplace issues.

### Standard 2

*Students will analyze factors that influence nutrition and wellness practices across the life span.*

- \_\_\_ NW-2.1 Analyze physical, emotional, social, intellectual, and cultural components of individual and family wellness.
- \_\_\_ NW-2.2 Identify governmental, economic, geographic, and technological influences on individual and family wellness.
- \_\_\_ NW-2.3 Identify legislation and regulations related to nutrition and wellness issues.
- \_\_\_ NW-2.4 Examine interrelationships among wellness goals for teens, including contemporary issues (for example: nutrition, exercise, stress management).
- \_\_\_ NW-2.5 Examine impacts of daily choices, behaviors, and other factors on health and wellness (for example: exercise, nutrition, stress, genetics, work environments, life events).

### Standard 3

*Students will evaluate nutrition and wellness needs and practices of individuals and families as they relate to health across the life span.*

- \_\_\_ NW-3.1 Apply USDA Dietary Guidelines in planning to meet personal and family nutrition and wellness needs across the life span.
- \_\_\_ NW-3.2 Examine ways present and future health, appearance, and peak performance are influenced by nutrition and wellness practices (for example: dietary choices, eating patterns, consumption of basic key nutrients, physical activity, maintaining healthy body weight, body image, diet fads, eating disorders).
- \_\_\_ NW-3.3 Investigate challenges of meeting nutritional needs when modifications are made for special needs (for example: vegetarianism, sports nutrition, weight management, diabetes, lactose intolerance, cardiovascular concerns, and food allergies).
- \_\_\_ NW-3.4 Examine factors related to current and emerging issues in health, wellness, and nutrition (for example: food fads and fallacies, extreme procedures for weight management, performance-enhancement supplements, and nutritional supplements).

### Standard 4

*Students will demonstrate ability to acquire, handle, prepare, and serve foods to meet nutritional and wellness needs of individuals and families across the life span.*

- \_\_\_ NW-4.1 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

- \_\_\_ NW-4.2 Demonstrate ability to select, safely use, and maintain food preparation and storage equipment.
- \_\_\_ NW-4.3 Evaluate menus and recipes for nutritional value and preparation processes.
- \_\_\_ NW-4.4 Apply principles of resource management and conservation when planning, purchasing, preparing, and serving food.

**Standard 5**

*Students will analyze factors that affect food safety and sanitation from production through consumption.*

- \_\_\_ NW-5.1 Determine conditions and practices that promote safe food handling and reduce incidences of food borne illnesses.
- \_\_\_ NW-5.2 Analyze safety and sanitation practices throughout the food chain.
- \_\_\_ NW-5.3 Analyze federal, state, and local inspection and labeling systems that protect the health of individuals and the public.

**Standard 6**

*Students will analyze impacts of science and technology on nutrition and wellness.*

- \_\_\_ NW-6.1 Explain impacts of technological advances on selection, availability, preparation, and home storage of food (for example: engineered foods, organic foods, food irradiation).
- \_\_\_ NW-6.2 Describe effects of food science and technology on meeting nutritional needs (for example: enriched foods, modified foods, food additives, emerging science of functional foods).
- \_\_\_ NW-6.3 Examine scientific and technological impacts on nutrition and wellness-related processes, products, and equipment (for example: access to diagnostic equipment for bone density and body mass index, exercise targeted for specific problems and benefits).

**Standard 7**

*Students will identify career paths related to nutrition and wellness.*

- \_\_\_ NW-7.1 Explore nutrition and wellness careers and opportunities for related employment and entrepreneurial endeavors.